



What a School Counselor Does?

- Support students' academic, social, and emotional growth
- Help create a positive and safe school environment
- Collaborate with teachers, parents, and administrators
- Promote student well-being and success

Support Formats

- ✓ Individual Counseling (4-6 weeks)
- ✓ Small Group Counseling
- ✓ Classroom Lessons
- ✓ Crisis Support
- ✓ Consultation (teachers, admin, parents)
- ✓ Parent Resources



School Counseling Information

Mrs. Monreal

Areas of Support

Students may see the counselor for many reasons, including:

- Managing big feelings (anger, worry, sadness)
- Friendship skills and getting along with others
- Conflict resolution and problem-solving
- Communication and expressing needs
- Focus, attention, and staying on task
- Self-esteem and confidence
- Coping with changes at home
- Grief and loss
- Bullying prevention and standing up for oneself
- Social skills and personal space

Contact Me

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Only Tuesdays!